

Oral rehydration at home

A print-ready fact sheet for clinics, classrooms and community groups.

Category	Child health
Translations	24 languages
Print format	A4 and A3 poster
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Diarrhoea kills young children by dehydration, not by infection. Replacing the fluid is the treatment, and it can be started at home before anyone reaches a clinic.

What to do

- Mix one litre of clean water with six level teaspoons of sugar and half a level teaspoon of salt.
- Give small sips continuously - a spoonful every one to two minutes for a small child.
- Keep feeding. Breastfeeding continues throughout, and food resumes as soon as the child will take it.
- Make a fresh batch every 24 hours and discard the old one.

Signs that mean go to a clinic

- Sunken eyes, or no tears when crying.
- Skin that stays pinched when you release it.
- Unusually sleepy, floppy, or difficult to wake.
- Unable to drink or keep anything down.
- Blood in the stool, or fever above 38.5C.

Using this sheet

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